

# Friends Power Series 1

## I'm prepared for emergencies



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Designed by YAT Communication





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# ***FRIENDS POWER HEROES***



***WELCOME TO THE ADVENTURES OF FRIENDS POWER!***

## ***I'M PREPARED FOR EMERGENCIES***

LEARNING TO BE PREPARED FOR EMERGENCIES IS VERY IMPORTANT. FRIENDS POWER ARE HERE TO HELP YOU STAY SAFE AND BE PREPARED IN EVERY SITUATION. YOU ARE ALREADY A GREAT PLANNER! EVERY DAY YOU GET YOUR HOMEWORK DONE, YOU PRACTISE YOUR SPORT AND MUSIC ON TIME. YOU PLAN WHEN AND WHERE YOU WILL MEET YOUR FRIENDS. DO YOU KNOW HOW TO BE PREPARED FOR EMERGENCIES? IT'S SIMPLE! IT'S JUST KNOWING, PLANNING AND PRACTISING, AND THESE STORIES CAN HELP!

ARE YOU READY TO PUT YOUR PLANNING SKILLS TO GOOD USE? ARE YOU READY TO HELP YOUR FAMILY PREPARE FOR THE UNEXPECTED?

JOIN OUR ADVENTURES AND KNOW HOW TO BE PREPARED TO FACE EMERGENCIES AND DISASTERS.

***HAPPY READING !***





HI, I'M KNOWL. I LIKE COMPUTERS AND ANYTHING TO DO WITH TECHNOLOGY. I'VE THREE FRIENDS.



BEVY CARES ABOUT BEHAVIOUR, FASHION AND HYGIENE.



RESPY IS VERY SPORTY AND SPEEDY IN RESPONSE TO ANY NEED.



PREP IS ALWAYS PREPARED. HE HAS A BACKPACK FULL OF USEFUL STUFF.



WE'RE A SPECIAL TEAM. WE HAVE THE POWER TO MOVE FROM PLACE TO PLACE TO HELP OUR FRIENDS.



# FRIENDS POWER



## EARTHQUAKES





IT'S 6 PM IN MARINA CITY AND KNOWL IS SURFING THE INTERNET HE READS THAT AN EARTHQUAKE HAS JUST HIT REHAB CITY.

REHAB CITY.

OH MY GOD  
AN EARTHQUAKE! I MUST CALL  
FRIENDS POWER TO HELP

click  
click



AN EARTHQUAKE  
HAS HIT REHAB CITY  
CLOSE TO WHERE ADAM LIVES.  
FRIENDS POWER MUST GO AND HELP.  
I'LL CALL BEVY AND YOU CALL RESPY.  
WE'LL MEET IN FRONT OF MY HOUSE  
IN HALF AN HOUR

HI KNOWL,  
WHAT'S UP?



FRIENDS  
POWER!!

NOW WE'RE ALL HERE  
LET'S GO





FRIENDS POWER ARRIVE AT ADAM'S HOUSE

HI GUYS! WHAT ARE YOU DOING HERE?



AN EARTHQUAKE HIT REHAB CITY



YEAH. THE GROUND AND WALLS WERE SHAKING. IT WAS COOL!



COOL! ARE YOU MAD? IT'S SCARY AND DANGEROUS



OK. OK! BUT WHAT'S AN EARTHQUAKE ANYWAY?

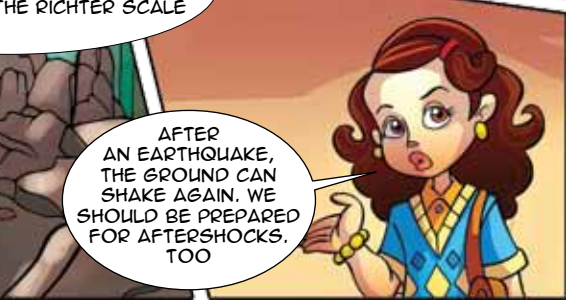


AN EARTHQUAKE OCCURS WHEN THERE IS A MASSIVE RELEASE OF ENERGY WHICH CAUSES THE EARTH'S PLATES TO MOVE. THE GROUND STARTS SHAKING AND BUILDINGS MAY COLLAPSE PEOPLE MAY DIE IF THEY ARE NOT PROTECTED OR PREPARED



REHAB CITY.

THERE ARE SMALL ONES AND BIG ONES. THE STRENGTH OF AN EARTHQUAKE IS MEASURED ON THE RICHTER SCALE

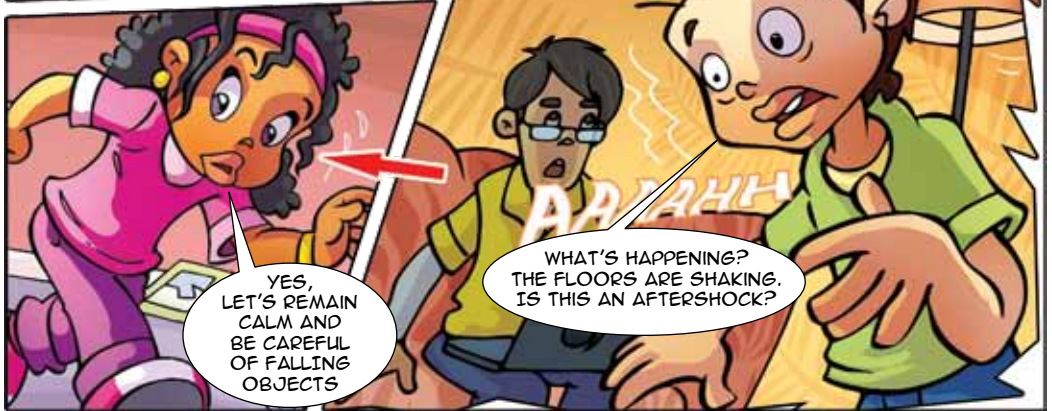


AFTER AN EARTHQUAKE, THE GROUND CAN SHAKE AGAIN. WE SHOULD BE PREPARED FOR AFTERSHOCKS. TOO



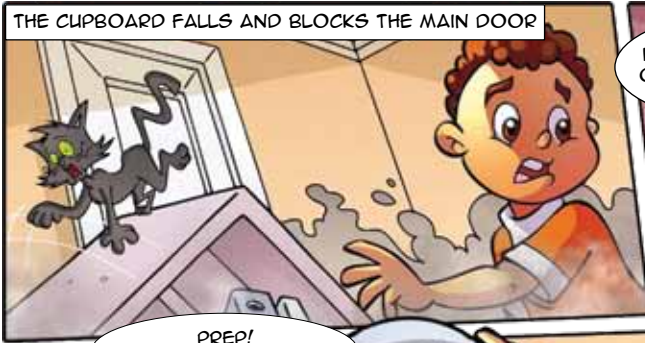


THE TEAM SPREADS OUT THROUGH THE HOUSE





THE CUPBOARD FALLS AND BLOCKS THE MAIN DOOR



QUICK!  
HIDE UNDER A TABLE  
OR DOOR FRAME FOR  
PROTECTION



PREP!  
PROTECT YOUR HEAD



AFTERSHOCK STOPS

IT'S SO DUSTY!  
COVER YOUR NOSE  
AND MOUTH



IT'S STOPPED.  
LET'S GET OUT AND FIND  
A SAFER PLACE



OK

GUYS,  
HELP ME MOVE  
THE CUPBOARD QUICKLY  
SO WE CAN  
GET OUT







STAY AWAY FROM ELECTRICAL WIRES THEY'RE DANGEROUS

ZAP!  
Meoww



TAKE CARE!  
BUILDINGS CAN COLLAPSE



HEY,  
UP THERE LOOKS SAFE.  
LET'S GO



GUYS,  
I'M SO GLAD  
YOU CAME, YOU  
SAVED MY LIFE.  
THANKS.



IT'S  
IMPORTANT  
TO KNOW ABOUT  
EARTHQUAKES AND  
HOW TO PREPARE.  
SO CHECK OUT  
OUR QUIZ



FRIENDS POWER



# QUIZ 1: EARTHQUAKES

**CIRCLE THE CORRECT ANSWER** (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

1. AN EARTHQUAKE IS:
  - A. A RELEASE OF ENERGY THROUGH THE EARTH'S PLATES
  - B. THE NAME OF A GAME
  - C. A CHOCOLATE DRINK
2. THE STRENGTH OF AN EARTHQUAKE IS MEASURED ON:
  - A. EARTHQUAKE SCALE
  - B. RICHTER SCALE
  - C. SHAKING SCALE
3. AN EARTHQUAKE CAN HAPPEN:
  - A. ANYTIME, ANYWHERE
  - B. DURING SUMMER TIME
  - C. DURING WINTER TIME
4. THE FIRST THINGS YOU NEED TO DO WHEN AN EARTHQUAKE HITS ARE:
  - A. STAY CALM
  - B. GET UNDER A TABLE AND PROTECT YOUR HEAD
  - C. GRAB YOUR HOMEWORK
5. YOU SHOULD PREPARE YOUR HOUSE BY PUTTING:
  - A. HEAVY THINGS ON TOP SHELVES
  - B. HEAVY THINGS ON LOWER SHELVES
  - C. LIGHT THINGS ON LOWER SHELVES
6. IF YOU ARE OUTSIDE DURING AN EARTHQUAKE, YOU SHOULD:
  - A. STAY AWAY FROM ELECTRICAL WIRES AND BUILDINGS
  - B. STAY CLOSE TO BUILDINGS
  - C. GO BACK HOME IMMEDIATELY

Answers  
1. A  
2. B 3. A  
4. A-B  
5. B 6. A





# FRIENDS POWER



## FLOODS



IT'S 5 PM IN MARINA CITY AND FRIENDS POWER ARE ALL MEETING AT KNOWL'S HOUSE. BREAKING NEWS APPEARS ON TV



THE VERY HEAVY RAIN OVER THE PAST FEW HOURS HAS RAISED THE WATER LEVEL IN THE RIVER TO DANGEROUS LEVELS



THAT MEANS THERE COULD BE FLOODS



FLOODS HAPPEN WHEN THE GROUND CANNOT ABSORB THE AMOUNT OF WATER.

LOOK AT THAT HOUSE. IT'S COLLAPSING



YES, THE WATER CAN RISE VERY HIGH VERY QUICKLY. SOMETIMES A WHOLE CITY CAN BE FLOODED



PEOPLE LIVING IN LOW LYING AREAS, NEAR RIVERS, IN WADIS AND VALLEYS ARE MOST AT RISK













HELP!



DON'T PANIC,  
GRAP THIS  
ROPE



THANK GOODNESS,  
YOU'RE SAFE. FLOOD WATER IS  
VERY POWERFUL AND YOU  
COULD HAVE DROWNED



THAT WAS  
SCARY,  
THANKS

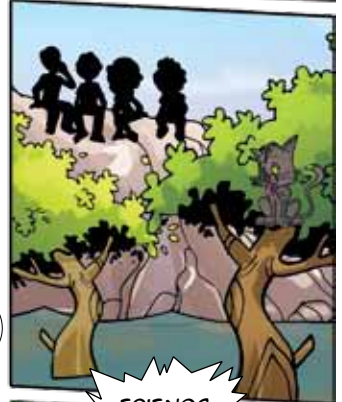
FLOOD  
WATER IS VERY  
DIRTY AND FULL OF  
SEWAGE AND MUD. WE  
MUST MAKE SURE YOU  
DIDN'T GET CUT AND  
CLEAN YOU UP



LOOK,  
THE FIREFIGHTERS  
AND THE ARMY HAVE COME TO  
DRAIN THE WATER AND  
HELP PEOPLE.  
I'M GLAD



NOW YOU  
TOO KNOW MORE  
ABOUT FLOODS AND HOW  
TO PREPARE. CHECK OUT  
OUR QUIZ



FRIENDS  
POWER



## QUIZ 2: FLOODS

**CIRCLE THE CORRECT ANSWER** (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

1. FLOODS HAPPEN WHEN:
  - A. THERE IS SUDDEN HEAVY RAIN
  - B. THERE IS NOT ENOUGH RAIN
  - C. YOU DRINK TOO MUCH WATER
  
2. PEOPLE WHO LIVE CLOSE TO THE RIVER CAN PROTECT THEIR HOMES BY:
  - A. HAVING SANDBAGS READY AND USING THEM TO BUILD A BARRIER IN FRONT OF THE DOORS
  - B. TYING BRANCHES TOGETHER TO CREATE A FENCE AROUND THE HOUSE
  - C. CLOSING THE DOORS TIGHTLY
  
3. WHEN A FLOOD WARNING COMES, PEOPLE SHOULD:
  - A. MOVE TO THE LOWEST LEVEL POSSIBLE
  - B. MOVE TO HIGHEST LEVEL POSSIBLE
  - C. STAY WHERE THEY ARE
  
4. FLOOD WATER IS:
  - A. DANGEROUS
  - B. FUN
  - C. SAFE
  
5. FLOOD WATER:
  - A. IS DIRTY AND NOT SAFE TO DRINK
  - B. IS SAFE TO DRINK
  - C. TASTES LIKE ORANGE JUICE!

Answers  
1. A  
2. A and B  
3. B  
4. A  
5. A





# FRIENDS POWER

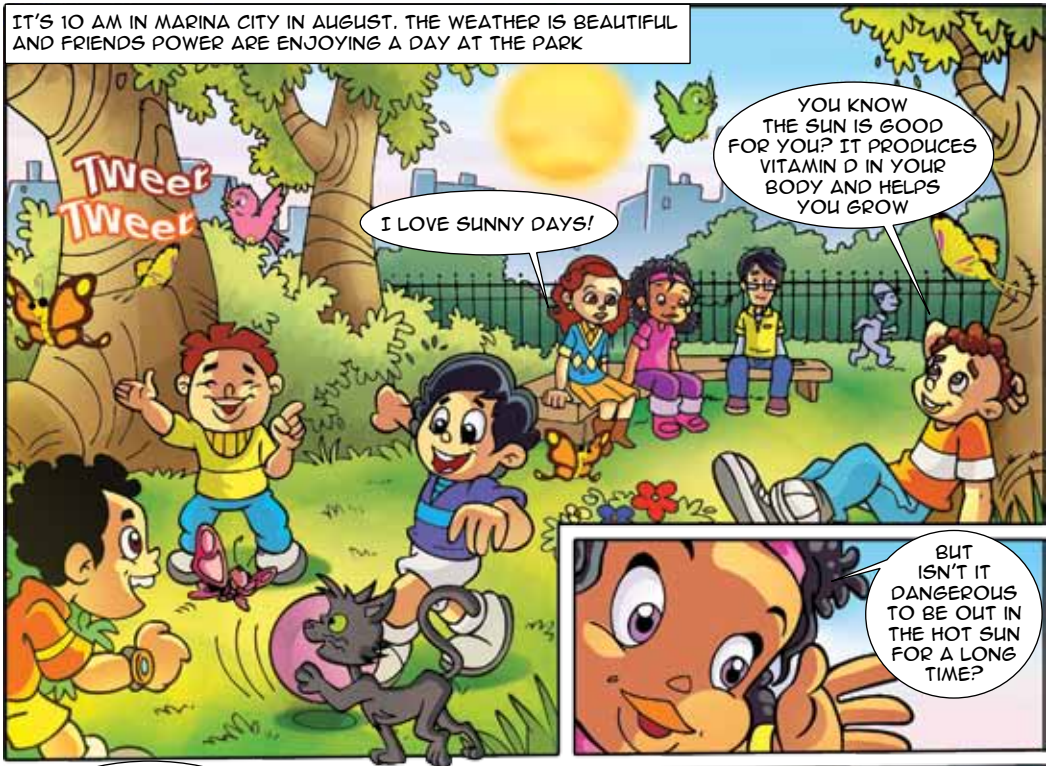


## EXTREME HEAT



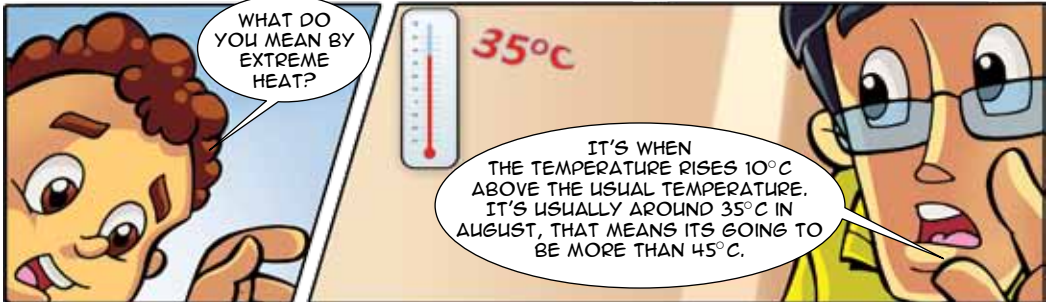


IT'S 10 AM IN MARINA CITY IN AUGUST. THE WEATHER IS BEAUTIFUL AND FRIENDS POWER ARE ENJOYING A DAY AT THE PARK





FRIENDS POWER ARRIVE AT PREP'S HOUSE. HIS MOTHER IS LYING IN BED



BEVY TURNS THE AC ON

THIS WILL COOL DOWN THE ROOM BUT WHAT HAPPENS TO PEOPLE WHO DON'T HAVE AC

THEY SHOULD CLOSE THE SHUTTERS AND THE CURTAINS TO STOP THE SUN GETTING IN

I SHOULD ALSO MAKE SURE I DRINK ENOUGH WATER DURING THE DAY.

YOU'RE RIGHT.

ALSO AVOID GOING OUT WHEN THE SUN IS HOTTEST FROM 12 TILL 4 PM IN THE AFTERNOON

OH, NO, I'VE RUN OUT OF WATER, I'D BETTER FILL UP

I'D BETTER GO HOME AND MAKE SURE THE SHUTTERS ARE CLOSED

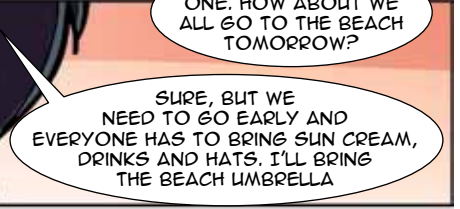
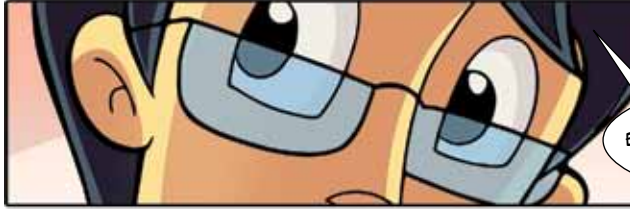
WAIT

WHAT IS IT?

I'LL COME WITH YOU. LET'S GO







## QUIZ 3: EXTREME HEAT

**CIRCLE THE CORRECT ANSWER** (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

- EXTREME HEAT IS WHEN:
  - THE TEMPERATURE RISES 10°C OR MORE ABOVE NORMAL TEMPERATURE
  - THE TEMPERATURE FALLS BELOW NORMAL
  - YOUR MUM OVERHEATS THE SOUP
- LONG EXPOSURE TO HOT SUN IS:
  - AWESOME
  - DANGEROUS
  - COOL
- AVOID HOT SUN:
  - IN THE AFTERNOON FROM 12 TILL 4 PM
  - IN THE MORNING
  - IN THE EVENING
- WHEN YOU GO OUT IN THE HOT SUN, YOU SHOULD:
  - WEAR A CAP OR SCARF ON YOUR HEAD
  - WEAR LIGHT COLOURS
  - PUT ON PROTECTIVE SUN CREAM
  - STAY IN THE SHADE IF YOU CAN
  - DRINK LOTS OF FLUIDS THROUGHOUT THE DAY
  - AVOID THE AFTERNOON
- IF YOU FEEL DIZZY OR HAVE A HEADACHE ON A HOT DAY YOU SHOULD:
  - DRINK WATER
  - TELL YOUR PARENT OR TEACHER
  - GO INDOORS

Answers  
1. A 2. B 3. A 4. A, B, C, D, E and F 5. A, B and C





# FRIENDS POWER



## DROUGHT



FRIENDS POWER ARE ON THE NET CHATTING WITH THEIR FRIEND SAEED, WHO LIVES IN A DESERT AREA

HELLO, SAEED. HOW ARE YOU DOING MY FRIEND? WE HAVEN'T TALKED FOR A LONG TIME

SALAM MY FRIENDS. I'M HAPPY TO HEAR FROM YOU. WHAT'S UP??

WE JUST WANTED TO CHECK HOW YOU ARE. IT'S BEEN SO HOT THESE LAST FEW DAYS. WE WONDERED HOW YOU'RE GETTING ON

THANK YOU FOR ASKING MY FRIENDS. WE'RE SUFFERING FROM A TERRIBLE DROUGHT

IT HASN'T RAINED FOR NEARLY TWO YEARS... MANY OF THE RIVERS AND STREAMS HAVE DRIED UP. IT'S HARD TO FIND WATER

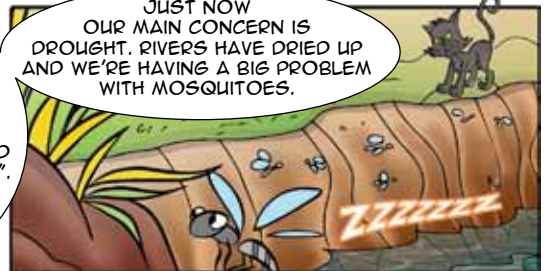
I'VE BEEN TRYING TO HELP PEOPLE UNDERSTAND WHAT DROUGHT DOES AND HOW WE SHOULD ADJUST





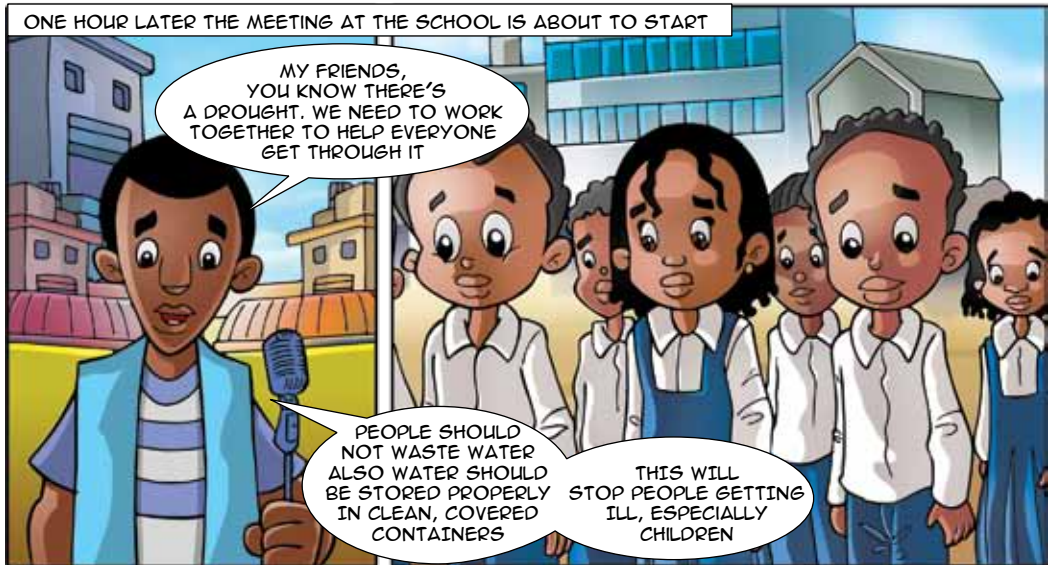


FRIENDS POWER ARRIVE AT SAEED'S HOUSE FIVE HOURS LATER





ONE HOUR LATER THE MEETING AT THE SCHOOL IS ABOUT TO START









TELL YOUR PARENTS TO CONSERVE WATER BY NOT WATERING VEGETABLES DURING THE HOTTEST PART OF THE DAY AND TO AVOID WASHING VEHICLES



THE CHILDREN AGREE TO FOLLOW THE ADVICE OF FRIENDS POWER AND TO SHARE WHAT THEY'VE LEARNT WITH THEIR PARENTS



SAEED, WE'LL GO HOME NOW. WE'LL CHECK BACK WITH YOU IN 10 DAYS

10 DAYS LATER FRIENDS POWER CHAT WITH SAEED ON THE NET



SALAM SAEED, HOW ARE THINGS GOING?



GREAT MY FRIENDS. I'M REALLY HAPPY. FEWER PEOPLE ARE FALLING SICK. PEOPLE ARE MORE AWARE OF THE NEED TO CONSERVE WATER AND TO BOIL WATER BEFORE DRINKING IT. THANK YOU ALL



OUR PLEASURE SAEED.



FRIENDS POWER



NOW YOU TOO KNOW WHAT TO DO IN TIME OF DROUGHT, RIGHT? TRY OUR QUIZ.





## QUIZ 4: DROUGHT

**CIRCLE THE CORRECT ANSWER (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)**

1. DROUGHT OCCURS WHEN THERE IS:
  - A. A HOT WIND
  - B. NO RAIN FOR A LONG TIME
  - C. A LOT OF RAIN ALL THE TIME
2. WATER SHOULD BE STORED IN:
  - A. OPEN CONTAINERS TO BE EXPOSED TO FRESH AIR
  - B. EMPTY FOOD AND DRINKS CONTAINERS
  - C. CLEAN AND PROPERLY SEALED CONTAINERS
3. STAGNANT WATER:
  - A. ATTRACTS MOSQUITOES
  - B. CAN BE USED FOR DRINKING
  - C. CAN BE DANGEROUS AND SHOULD BE AVOIDED
4. YOU CAN CONSERVE WATER BY:
  - A. WASHING CLOTHES LESS OFTEN
  - B. NOT WASHING VEHICLES
  - C. ONLY WATERING VEGETABLES IN THE EARLY MORNING OR EVENING
5. YOU CAN PROTECT YOURSELF FROM MOSQUITO BITES BY:
  - A. AVOIDING STAGNANT WATER
  - B. USING MOSQUITO REPELLENT
  - C. SLEEPING UNDER A BED NET

Answers  
1. B 2. C 3. A and C  
4. A, B and C 5. A, B and C





COMING  
SOON



FRIENDS POWER IS A SERIES OF HEALTH EDUCATION COMIC STORIES DEVELOPED FOR CHILDREN. IT AIMS TO BUILD THE KNOWLEDGE, ATTITUDE AND SKILLS OF CHILDREN ON SELECTED HEALTH TOPICS SUCH AS NATURAL DISASTER PREPAREDNESS AND RESPONSE AND HEALTHY LIFESTYLES. THIS FIRST PUBLICATION IN THE SERIES DEALS WITH DISASTER PREPAREDNESS AND RESPONSE FOCUSING ON EARTHQUAKE, FLOODING, EXTREME HEAT AND DROUGHT.



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